

All is
good here
Admissions
money for
the United Way
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SPOKE

A LITERATURE NEWSLETTER FOR JOURNALISM STUDENTS



Professor
gets air time
Graduated
her first spot
on local TV show.
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MONDAY, NOVEMBER 10, 2003

LITERATURE, JOURNALISM, ART

WITH CLOTHING BY GENE SMITH

100% FRESH — Vol. 1

Small group has big voice

By BRENNI BARNES

Concerns as small when compared to the social issues most pressing, the University of Waterloo and Wilfrid Laurier University Home, regional governments and issues about the "little guys."

In a student group held at a university over 100 students gathered to discuss the larger issues such as the larger environment with moderator Gloria Fajardo, Linda Fajardo, Waterloo Region's manager of strategic planning and sustainability, and University of Waterloo alumnus Kenneth Kishel.

The two students discussed topics that concern the Waterloo College population, including transit, affordable housing and clean water. Other concerns such as hospital wait times and the lack of family doctors were also brought to light, and although regional government does no direct control over these, Fajard said she could bring the information to those who do.

The water issue included a complaint about calcium and iron build up, which causes pipes with a clogged interior or long hair. The build up can cause the water meter to turn to plug and people with long hair was recommended, along with hoses. Although there are systems out in use, hard water is still a problem, and one that the regional government can work on.

The two main topics of discussion were directed toward transit and housing. Shared houses are quickly reaching capacity and students are still in need of accommodations. Several student apartments are full beyond the rent—and legal!—limit, with plans for more purchases in sight.

Reporting transit officials agree that buses are leaving and arriving ahead of schedule,

making things difficult for those students without vehicles and indicating early-morning bus routes must stay flexible. The funding issue, however, kept raising issues and more frequent stops were often suggested by the group.

While Fajardo and Fajardo were learning on the spot their job, good representation of the universities' concerns, Ontario, was represented in a bigger way over the last few years.

With help of the Waterloo Region's Mayor, Dennis Czerny, the community is coming together to rebuild it. The International Council uses to bring the same practice to the U of Waterloo Region by working together to better the environment we live in. While this was more of a short-term objective, Kishel says it impacted on the housing problem as well as the loss of career opportunities in the Waterloo Region area.

While Waterloo Region is quickly becoming a destination for both students and visiting foreign students to learn the tools to find work in education and government.

"It's all about strategy," said Fajardo. "Strategy is how you get from where you are to where you want to be."

Fajard and Fajardo agreed that jobs need to be available for students to stay in the area, and that while a high technology hub is great for the economy, it's not necessarily enough to support the region.

The meeting was a small dinner, unorganized atmosphere, but third-year international business management student, Courtney Lane, spoke about the event afterwards.

"It was awesome," he said. "I just hope it has an effect. I hope the place actually gets implemented."

See Page 3 for photo.



Clark Hyatt, a member of the Waterloo Waterline band, sings into a microphone during a 30th birthday party for him at the Waterloo Art Centre. Hyatt's birthday cake was given out to students who attended.

Student wins big in Sin City

BRENNI BARNES

Last year Las Vegas was a winner in hand, but this year its student Kayla Gerry did just that.

Gerry, 19, defeated over 80 undergraduates from across Canada, the United States and Mexico in the Head of the Class competition. For sophomore year student, students at the APICS International Conference and Expo in Las Vegas Oct. 18-20.

Competitors rely on APICS, which stands for Accounting Professionals, Financial and Competitive. Gerry, in pre-work training, internationally recognized certifications, non-profit resources and a worldwide network of research published industry professionals in the operations management field.

The competition had students stand in a conference room with cards showing the letters A, B, C and D as well as true and false. Undergraduates were then asked to answer questions regarding operations management. Students had to sit down after answering incorrectly until eight competitors were left. In the



Kayla Gerry, 19, was the Head of the Class competitor for undergraduate students in the pre-work competition held in Las Vegas Oct. 20.

Finals Gerry outlined the rules to the contest and told them her gift card.

"It will look good on my resume," said Gerry. "I know I know my stuff."

Gerry was encouraged to enter the contest by a friend. She applied to the APICS website earlier this year and received confirmation during the summer that she had been

accepted as a scholar participant. The second year operations management student paid for her flight to Vegas but had accommodations, conference expenses and spending money provided by APICS.

"At the conference they really prepare you for working APICS certifications and being successful," said Gerry. "All three of the Waterloo students that participated made it to the final round, so I thought that was impressive."

It's not the first time Waterloo students have done well at the APICS conference. Last year the school had participants take second and third place.

Gerry said the conference was a great way to connect with people in the industry. She enjoyed the experience and encouraged students to attend the conference in future.

"During the day I was in the conference, but at night I made the most of being in Vegas," said Gerry.

What happens in Vegas, unless you put on a performance like Gerry's...

Now deep thoughts ... with Conestoga College

Random questions answered by random students
If a movie were to be made about your life, who would play you and what would the movie be called?



"Jen Coyle and the world star in My Life is Rated."

Bren Vennekuyl,
First year
police foundations



PHOTO BY ANTHONY RAVASI

Student Life coordinator Beanie Lyons, left, visits with students during the You Can Lead Too! workshop on Nov. 2. More Connect Leadership workshops will begin next semester.

"Lorraine DiCaprio and it is called The Application of Inspiration."

Gord Blingsness,
First year
Paramedic recording



"Rachel McAdams and the movie would be called The Social Network Award."

Jade Wirkus,
First year
print journalism



"Alice Cooper and Myself - Only Music Since Birth."

Jessie Mayers,
First year
operations and finance
services



"Emma Stone and the name would be Intense Motives."

Another Wing,
second year
media/recording



"Johnny Depp and the movie would be called The Doctor's Dilemma."

Ryan Lohrey,
First year
marketing institution



Justin Crossings, provided photo and respondent

Learn to lead

Every person has leadership potential

BY NATHAN DIBBLE

"The whole point of the lead workshop series is that we believe every single person has leadership potential. If you believe that, you know you make a difference every single day," said Student Life co-coordinator Beanie Lyons.

Lyons, who started developing the Connect Leadership Workshop series one month ago for her job at Student Life, conducted this semester's events and facilitated the You Can Lead Too! workshop on Nov. 2.

Approximately 30 students gathered to attend the first of seven workshops in the Connect Leadership Workshop Series.

An icebreaker activity in the series, the workshop began with an activity to help participants discover what leadership means. One way of viewing their own role as a leader big ideas were asked to write the names of another person they

considered to be a leader or master whether that person is dead or still alive.

Students then introduced themselves to the other students at these tables, agreeing which leader they chose to put on their name tag and then recorded on a large sheet of paper the leadership qualities their chosen leader had.

The purpose of this exercise was to show students that through sharing their idea of leadership qualities with their peers, they're giving other students the opportunity to develop, grow and see themselves in a different way — the way in which those around them might be seeing them.

After this introductory activity which also acted as an icebreaker, students were comfortable participating in the remaining three activities throughout the workshop designed to show students their strengths, weaknesses

and the importance of values and making decisions that match those values.

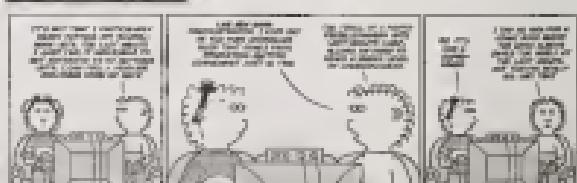
"Totally free! The chance to get to know other students and work with others and find their strengths and how I can improve myself," said Jamie Breuker, a second year student in recreation and leisure services. "It's so fun, the different goals that I have and will meet I can achieve."

Although three other workshops in the series have been held since Nov. 2, the last one will occur next week on Nov. 13.

The Connect Leadership Workshop series will begin again next semester, but workshop dates will not be announced until the first day of classes.

For information on winter workshop offerings, check the Conestoga website or the start of next semester to drop by the Student Life Centre Information desk near Door 1.

Connect Leader



Chef Philippe Saraiwa sizzles on TV

By CHRISTY BRAK

The old saying goes, one cooks in the kitchen while the heats.

For us, Concordia chef Philippe Saraiwa's case fits the more serious:

"Cooking is very simple, it's your food," Philippe said.

No matter what way you slice it, he's a chef at a still part time. Throughout the past year, people have given the canines in their heads that sinking kind of apprehension.

On Nov. 1, Philippe began monthly appearances on Rogers TV's daytime show LIVE at 5pm, with repeats airing later in the day. He will be featured the first Monday of each month with his initial appearance focusing on desserts.

I will be showing people how to dress up desserts. It is very simple yet you can make it look quite elegant. On Dec. 6, I will be demonstrating how to make chocolate for the Christmas season to get ready to give for any occasion."

Philippe brings a couple of students with him to each show to allow them to see and taste what the students were able to follow along with him.

His main objective on the show is to teach viewers how to make what they have to the best level.

"You can take a basic recipe and let creativity with it."

Silently has become something we've made packaged and because it's simple and convenient."

Philippe Saraiwa

There is no wrong in cooking; you need to be creative and experimental.

— Philippe Saraiwa

I want to give back the idea that cooking can be simple. It's not just making the food fit the experience," he said.

Philippe experienced the art of the kitchen at an early age. "Both my parents were in the business, lived food and the atmosphere in the kitchen," he said. "You grow up around it, it's simple when a couple hours you are making people happy. At the end of the day you do it all over again. The days are never the same."

If you are a first time chef or you're trying a new recipe, don't be afraid to move away from the recipe because at the end of the day,



PHOTO COURTESY OF ROGERS-TV

Photograph of Philippe Saraiwa taken during his appearance on the Rogers show LIVE on Nov. 1, 2009.

if you like it, that's all that matters."

"Making mistakes is OK, it's not bad. There is no reason to make you want to burn stove and experimental. Day's learned to make food fun."

Philippe did three years of training at Collège Sainte-Marie in Québec, France, which allowed him to travel all around the world to places such as Italy and Portugal.

While he was abroad he gained experience at hotels and restaurants. After coming to Canada he continued to learn more by working at events, hotels and restaurants.

He began teaching at Concordia in 1993, but left after one year. He then returned in 1998 to teach part-time evening classes and became a full-time professor in hospitality management in 2000.

A lot has changed over the 10-year history of the hospitality and culinary management programs at Concordia College, which allows focus on learning to provide students with the knowledge and skills required for employability in the expanding field. Most programs have been added, such as bartending, culinary fundamentals, event management, food service management, hotel and tourism, and wine appreciation.

"Concordia has grown to

become through classes, laboratories and placements the culinary and hospitality students program and, most notably at Concordia's own, bi-level restaurant located at the Waterloo campus.

The program has been successful for 17 years and is open to the public. It provides a dynamic hands-on learning atmosphere for the students' skills and imagination to grow.

Classes are from 11:45 a.m. to 1:45 p.m. and classes are from 4:45 p.m. to 7:45 p.m. Reservations are required. Classes are available at various locations at an affordable registration. Reservations are accepted by email at hospitality@concordia.ca or by phone, 514 398 3800.

In addition to his cooking show and teaching students, Philippe is a judge for Skills Ontario and Skills Canada and recently judged the first annual Canada Cup Cook-off student cooking competition from May 5 to 7 at the Royal Agricultural Winter Fair in Etobicoke, Ont.

On Sept. 10, 2009, he was invited to speak at the Ontario Ministry of Education's Ontario Skills Competition.

Philippe's message to the students was to keep an open mind and be creative. He also told the students to be open to new ideas and to be open to new opportunities.

Philippe's message to the students was to keep an open mind and be creative. He also told the students to be open to new ideas and to be open to new opportunities.

ing past. Students then had 10 minutes to prepare the meal and plate it for presentation. In addition to the award prizes, students received an autographed copy of the author's cookbook and a letter of reference to use in their resumes.

"Our techniques are there to make the students better, we have their best interest at heart," said Philippe. When you see the students getting the technique that part is rewarding."

Over the years Philippe has cooked and mentored the students who have won multiple awards.

"The fact that they are still in the industry is a success," said Philippe. "Because they are doing what they love, knowledge is better than paper on the wall."

Philippe speaks in class and French cannot, but enjoys cooking all cuisines because the principles are the same except the spices and flavours are different.

In the future, Philippe hopes to leave a few books with each family skills course in mid-August, that students could take to impress them for job interviews. Life, he believes is probably a cookbook that publishes mistakes. It would be a book with basic recipes that would stay in style, according to individual taste.

"What I love to cook is what people like which is always different," said Philippe. "Adding the last recipe are the simplest ones."

SHAPING THE FUTURE OF WATERLOO REGION



PHOTO BY ANDREW MACPHERSON

The Region of Waterloo held a student focus group Nov. 18 at the college, asking for input to help guide their strategic plan. Maria Pannath, left, representing the Waterloo Campus, Leslie Hause, the region's manager of strategic planning and initiatives, and Diane Pothier, the facilitator, were on hand to listen to students' process and advice.

Red or white?

Two poppies have totally different meanings

By JOHN FARAH

I'm all for peace and love but in this case, let's share the peace without war.

Every year, the Royal Canadian Legion distributes red poppies to citizens to put on their chest or generosity and proceeds of the veterans who made their freedom. That year was no different. However, there was also a white poppy — a white poppy which attracts my cynicism and violent military induction. They are critical of the red poppy because they think it promotes war. I think that this is ridiculous.

There are other ways we can promote non-violent conflict resolution, why does it have to compete with a symbol that the world holds so close to the heart?

The donations received from the red poppies help the Royal Canadian Legion serve veterans and their dependents, promote awareness and act in the service of Canada and its communities.

Most importantly though, the traditional red poppy is a reminder of the veterans we lost in the past and for the veterans we are losing in the present. It's a symbol of respect for the families who sacrificed their sons and a symbol of the ultimate sacrifice we have for them.

What makes it so terrible is that these people selflessly risked their lives to secure Canada and its allies from free, democratic societies. And then to hear you saying that?

Would you change Santa's Christmas story because it promotes changing down chauncys, thus breaking and entering?

The white poppy movement has been getting its share of attention since 2008, which interests me but I'm still at a puzzle myself.

Personally, I hasn't become popular. And we never expect it doesn't make it better. Because the red poppy deserves to be the only one worn on Nov. 11.

The cause being expressed is the position of the veterans, not necessarily the author.

Letters are welcome

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Christmas commemoration overshadows Halloween and even Remembrance Day.

We must never forget

It is the very least we can do

We can never truly feel the pain of those lost but our soldiers and their families have suffered. For many of us, war is only what we see on television or portrayed in newspapers.

What we can do is be ever grateful for everything these sacrifices have given us today, by remembering. When thinking of veterans, we can't think only of those from past wars, but the war that is still going on.

Thousands of soldiers gave their lives fighting for our country's freedom and thousands more have lived with the physical and mental scars of war for the rest of their lives.

A small study done last November at Comptech showed us after looking at statistics, the most common way to remember Remembrance Day is to ignore it or wear a red poppy out of respect. The majority of people, yes sir, were going to continue to do nothing remembrance is



Justice Lynn
Rajah
Opinion

of the utmost importance. It's crucial to truly thank those men and women for their service. Even they have made so much that we can live in peace. The sacrifice of war will still carry forward in most of us, yet we



The last Canadian First World War veterans died this year. Those who fought in the Second World War are now down

in numbers as well.

Last week Comptech held a minute of silence in honour of those brave men and women. At other Remembrance Day services, veterans speak of war and their personal experience. Their words are silent, sometimes.

The poppy has been a symbol of remembrance since 1918, a bright red flower that grows in memory of the soldiers' greatest sacrifice, France.

Wearing a poppy is a simple reminder of the heroes who have fallen and of those who still continue to fight.

Unfortunately in the world we live in, it's questionable whether war will ever end. Fortunately, most of us will never have to experience the life of a soldier at war. Remembrance isn't a hard thing to do, but if it's the very least we can do, Veterans deserve our respect, and gratitude, not just on Nov. 11, but year round.

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Movember sparks whiskers

Fundraiser raises money for prostate cancer

By VICKI RAE SPARRELLA

There's something under people's eyebrows now this Movember. And it's making a difference in men's health.

Movember, short for November, is an raising more and more in sport, businesses, Delta Airlines or whatever. They are Movember and they're doing all they can to show off some whiskers for a good cause. Proceeds from Movember are being donated to Prostate Cancer Canada. "They are making a big difference for prostate cancer survivors," said Jason Hoornes, campaign coordinator for Movember Canada. "And it represents much more."

Not only does it support prostate cancer research, it promotes men's health in general. Now Movember Canada has raised support nearly \$10 million toward its

goal of \$15 million.

Some of you may be participating in your own whisker competition, so here's the round up of how the hair raising event plays out:

A few determined guys in a bar decided to sport mustaches and Harvey. They got great about it after a month of sporting them, and decided to put it to a cause behind it.

Ever since 2005, men around the world have been putting their moustaches down for the month, and letting their face down.

Men around Cornwall seem to be picking up on this as well. My uncle has prostate cancer and I think Movember is a good thing," said Kyle Turford, an IT service desk technician. Turford was an already starting to sprout some upper lip hair but already raised \$100 so far. He hopes

to raise as much as possible by the end of the month. Even women are getting involved, calling themselves "Moviblades." They can shave and support others in their facial hair growth. Though for some it's not as easy to grow a nice mustache.

"It doesn't grow as very well but it's worth a shot," said Scott Letha, a second year television broadcast student who is simply participating in just his hair growth.

Not only do participants get to lay off shaving for a month, they're promoting an important issue. And it's not totally a good conversation starter. "It's on your face. It's kind of an easy way to say 'Hey I have a grody mustache.' And we about it," said Turford.

For those interested in participating or donating, check and www.movember.com.



Kyle Turford proudly sports his Movember pride. Men across Canada are growing mustaches in prostate cancer's health and men's issues for Prostate Cancer Canada.

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Go, hammy, go!

By ASHLEY DIAZ

Worried that her sister was dead? On Nov. 4, the human services foundations program put on its "Hamsters for Humanity" event to raise funds for the United Way campaign, taking place at Community College.

Last year, students in the program had a galentine run in support of the United Way, and this year, they decided they wanted to do something different.

"We think this year, hamsters will bring more people to here because hams are funny. It makes it fun," said Caitlin Dykes.

The event included such activities as the hamster race that was set up in a cardboard and logic track, pet the porcupine in the face and sing the Hammer Dance song, a dancing challenge where students had to kiss a brother with donations being a song to stop dancing.

The hamsters were well taken care of during the event. There were strict han-

dling instructions. "The hamsters were donated by a family friend's pet store," said Crystal Leffing, "They all have names with people after them."

All proceeds went to the

United Way campaign at the school.

The human services foundations had not yet goal for the event. "We just trying to help meet the \$14,000 goal," said Leffing.



PHOTO BY ASHLEY DIAZ

Human services foundations students Kristin Gerasimowicz, Caitlin Dykes and Abigail Reeves promote the human services and philosophy event taking place in the atrium on Nov. 4.

Jersey Shore-styled fundraiser falls flat

By PAUL BRUNNER

Despite the hard work put in by the human services foundations students of Cinnaminson on Nov. 8, the East Jersey Life Fundraiser for the United Way had a distinct lack of student participation at the Jersey Shore-themed event.

However, the Cinnaminson United Way campaign still managed to meet its \$60,000 goal.

"Monmouth and Frelinghuysen are always the hardest shops to do any kind of student programming on campus because there isn't as many students on campus," said Ryan Consalvi, co-chair of the Cinnaminson United Way campaign. "The students did make up for this by networking through hallways and visiting faculty offices and getting them loose change as well, in addition to their small network."

Sabrina Niedbala, 22, a human services foundations student agreed.

"There aren't a lot of people here as a Freshy," she said.

Starting the day long weekend off 50 percent of the goal, Consalvi said he was not afraid that the student-centered event would push the campaign over the top.

However, it did not seem like that would be the case early on.

The fundraising event, which was held in the lower atrium, was themed after the somewhat recently popular reality television show Jersey Shore, which depicts young adults leading various love revolving around beach, strip clubs and shopping. Characters named Snooki and The Situation are prominent.

The events the students planned including a Q&A, race (Run, Youn-

Laundry) in which students did five push ups, spayned themselves with water to simulate putting on makeup lotion, and then put on a T-shirt while pulling "T-shirt time." Another event was a game of rock paper scissor using the common romance renamed "grande pong."

In the end, a grande was an ugly girl. Another event was flip cup, with rolls calculating for the last drinking provided by the show.

"You can have a team or be on your own. You decide where the cup then put the cup on the edge of the table. You use your hand to flip the cup upright. The first person who does it wins," said Sarah Brown, 22, a human services foundations student.

In the pep talk before the event Consalvi reminded students about respecting themselves appropriately, instead of making fun characters on the show.

"Obviously we want to be true to the idea of Jersey Shore. But we are aware of the language and stereotyping the show uses," he said, reminding the students that they represented the college and their program.

Volunteers wore shirts with "Run JETT" with JETT meaning either "Run to be fit" or "Run to fundraise."

The entire event was accompanied by a constant clapping dance held best in keeping with the show's hand pumping atmosphere. The games cost either \$1 or \$2 each, but by the end of the night the organizers were letting people play for any spare change in their pockets, also possibly trying to earn the last \$500 needed.

Human services foundations students watching the halls brought in the bulk of the needed cash.



PHOTO BY ASHLEY DIAZ

Nicole (far left) Danielle Herzer, 22, and Kristin Gerasimowicz, 22, all human services foundations students, were volunteers at the Jersey Shore-themed fundraiser held in support of the United Way. It may be the final major charity the month-long campaign.

Last-minute shoppers take note

By ERIN REILLY

November is that time of year when we want to shop for small presents from people preferred in front, and our breath is visible in the air. A shimmering decorated tree greets us in the living room when I get home, my mom sits in a blazer. Bruce Springsteen's carols.

The Christmas season has begun.

Although some of you strategic shoppers will argue that there's still two months until Christmas, starting the planning and preparation for this holiday now can be crucially beneficial, not just financially. In the last 24 hours of work for parents, buy no gifts in green, white and red. Sales are becoming priced relatively high, and most importantly of all, not the most choices when Christmas shopping.

Believe me, the perky press can be stressful especially if you have it until the last minute. You need to think about the people you are trying to find a gift they'll love. "Presented as it is perceived" is a good rule to follow, as I try to pick up on what people say they want all year," said second-year purchased and studied. Roxanne Thorne. "That way, when it comes time to buy for them, I know what they really want."

Your friends and family can easily gift a gift that was last minute, or just something that isn't buying personal and unique gifts. This season, there will make your loved ones feel special.

My five all-time gift ideas:

1. Concert tickets — You know what your friend's favorite band is, so do everyone else. So you can also assume she'll be interested in free tour of the same CDs from different people. Step it up a notch with concert tickets. Just under \$20 more you also download worksheets or print them for a time well enough to whence to fit into her schedule, you want it to be a present, not an experience.

2. Digital photo frames — This is a gift that covers all ages. These digital photo frames are one of great memories with your best friend, or pictures of your family for your grand-

mother. To really make it special, consider some taking friends or what family members we could put some of their pictures in, and include pictures from early years.

3. The gift of self improvement — This can be tricky to pull off, because although everyone would be happy to make themselves healthier or improve their appearance, you don't want to offend anyone with the gift. Book a spa day or hair appointment for your friend, or choose their gym or fitness membership. If you are still searching, attend a self-help book for yourself and make it a date.

4. Home改善 — There really are the best way to make your gift personal, and to show that you care enough to put effort into the present. If you are the artistic type, your options here are endless. Home-improvement presents for each of your friends, centers that you've painted yourself and hand-knit scarves are just a few ideas. If you're looking on the creative department, a simple hand-made coupon booklet for a back massage or dinner on you will show that you put thought into it and didn't just grab a gift card on the last minute.

5. The gift of giving — This is perfect for the person on your list who already has it all. Make a donation in his name for a cause that you know he cares about. That gift has the bonus of making you feel good, your friend feel good, and helping out those in need.

Some gifts to avoid buying from your friends are ones that come with too much of a price tag, but that will be gone and unimportant forgotten, or anything that comes on a pre-made gift basket. While both sets are nice, they're not memorable in any way, and have no personal touch to them.

The best gift I remember getting was the year my parents gave my sister and I envelopes with letters of the alphabet on them, that we had to memorize to spell out our gifts," said Thorne.

No matter what your gift is, it's not the present itself that will be remembered the most, but the thought you put into it.

GIVE A GIFT TO A CHILD IN NEED



PHOTO BY ERIN REILLY

Jennifer McHugh, a first-year hotel services student, and Tina Bartholomew, a fourth-year electrical engineering student, discuss gift-giving ideas for Comeback Students for Children's Wish Tree. Financially strapped Comeback students may be eligible to receive donated children's presents this Christmas. Information is available at the CSH office.

Deal or no deal?

By BRITTNEY BELANGER

"Deal or no deal?" was the question contestants were pondering on Nov. 4. However, there wasn't any hesitation when it came to agreeing to participate in the game held in the Secretary Student's room. Participants were informed and wanted a chance to win the big prize.

During the event, Secretary Student Ian staff Nade Chauhan, CSH director of social programming, and Tina Horst, executive co-coordinator. After establishing who the rules of

the game were, several students who signed up were called up to the stage, one at a time.

Much like the TV show *Deal or No Deal*, participants had the choice to win varying cash prizes. Instead of briefcases, there were racks on a board which ranged in price from a penny to \$1000. The same TV show rules applied to the game in the Secretary's Contractors could pick a rack then choose whether they wanted to continue or try for a higher amount.

"The game is fun because whether they worked in circles or not for a higher amount," said Tina Horst, a first-year travel and studied. "They get students to interact with each other and keep an alert listener and reader."

The number of students in the Secretary increased as the game progressed. Everyone seemed to be having themselves especially on the easier rounds answered. Those who played won up to \$50.

"Deal or No Deal" is a great way to get people together and help students pay back some of their loans," said Vanessa Phillips, a second-year early childhood education student.

LOCAL GALLERY OFFERS LOCAL EXHIBITS



PHOTO BY ERIN REILLY

Starting Nov. 22, Hunter Watson House and Gallery is presenting *Shore and Sprout*, an exhibition featuring three artists: Toronto sculptor George D. Taito, and Baltimore artists Ruth A. McMichael and Dennis Tyler. The gallery's first annual Holiday Party is Nov. 29 from 6 to 8 p.m.

Cut loose with Footloose

BY KATHRYN GRIFFIN

Rock off your Sunday shoes that worked at Footloose the Musical.

Kitchener Waterloo Musical Productions is performing four shows of a single adaptation of the classic movie at the Centre in the Square Theatre in the Square. There will be performances at 7:30 p.m. on Thursday, Friday and Saturday, as well as a 2 p.m. show Saturday afternoon. Tickets are available on the Centre in the Square website, www.centre-square.com. They range from \$10 to \$30. So far they have sold well over 10,000 tickets according to KWMP's marketing manager, Sarah McGehee.

"We just the popularity of the show," she said.

KWMP has been reworking the musical since the beginning of September. The production has a cast of 15 people, including a large chorus. That number was whittled down from the 20 people who auditioned. In addition to dance numbers, there's music that you would jump out of your seat and join in; you can look forward to hearing songs from the movie's soundtrack, such as the title song, "Footloose," as well as LeAnn Rimes' "I'm Your Baby," and "Dancing at the Prom."

"It's great on the movie screen," said McGehee.

KWMP currently performs two shows a year, one in the fall and one in the spring, but they're looking to add to that number. Shows are planned well in advance.

"They know a year ago what they were going to be doing," said McGehee of the fall's Footloose.

For more information about upcoming shows or auditions for KWMP, visit their website, www.kwmp.ca, or check out their Facebook group,

By KATHRYN GRIFFIN

Tired of crowded movie theatres, cold seats, and lame new movies? Then you will be pleased to hear that Waterloo Region's newest movie theatre is now up and running.

Empire Theatres Waterloo is the latest addition to The Boardwalk, at 101 Neebles Boulevard. The outdoor mall will also be home to a variety of other stores including Best Buy, Wal-Mart and Staples. While most of those stores are still under construction, Empire Theatres opened on Nov. 8.

Crowds were drawn to the opening night screening of the new thriller, *Avatar*. Director James Cameron's first film in 3-D, was the feature at an Empire Waterloo theatre. This particular screen, unlike any others in the region, features a larger curved screen, digitally enhanced audio and a seat reservation system.

"I really like that you can reserve your seat now," said managing director, Wendy

Duth, who attended opening night. "Now I don't have to wait in line for an hour before the movie gets on. I can get a good seat." The theatre is also great, she added, and screen is second.

I really like that you can reserve your seats now.
— Wendy Duth

The cinema has a large white and red interior and features an arched area and comfortable padding for wearing glasses. Customers also have the option of reserving a private room, where bookable party rooms are located, as well as a balcony that overlooks the ground floor. The screen is home to 10 projectors.

"Empire new state-of-the-art entertainment experience to moviegoers in the Waterloo

community is very exciting for us at Empire Theatres," said Doug Lebold, vice-president of studio and media relations. He also added that the theatre was very pleased with the opening night turnout.

Complete with reclining leather seats, the Empire Waterloo experience costs \$12.00. The price of one regular adult admission is \$10.00 plus, while concessions cost \$1.00-\$1.50. The theatre also offers a student deal. The regular drinks and popcorn for \$12.00 with a student card. Empire Theatres Waterloo is now one of the theatres in the Kitchener Waterloo area.

For more information on the changes and movie times, call 519-885-0100 or visit www.empirewaterloo.ca.



Photo by KATHRYN GRIFFIN
Empire Waterloo's premiere of *Footloose* starring the actors of *Hot Fuzz* and *True Blood*, is one of the 50 movies played at Empire Theatres Waterloo. The movie is also screened in the Empire Waterloo experience.

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You know when it's red



**HOROSCOPE**

Post of November 13, 2006



Aries
March 21
April 19

You have to be careful to make sure you will be brought to life to play the Dallas Cowboys in the NBA finals. You will be very confused.



Taurus
April 20 - May 20

The only subject I can give you for this week is that it's going to actually try out this nowadays. Sorry!



Gemini
May 21 - June 21

You will be single-handedly responsible for the collapse of the world economy through a few small investments and the proper application of chaos theory.



Cancer
June 22 - July 22

While travelling down the Nile in Egypt you will end daily with 10 new pieces of clear dental that people have been telling "Good work!"



Leo
July 23 - August 22

While basking in the brotherly embrace of a friend's home, you will get the sudden feeling that you are being watched. Turnabout is fair play.



Virgo
August 23 - September 22

You will pick up a copy of next year's version of the map of Spain. I am sure that the information from the future will come in handy.



Paul Irwin carefully examines the stars and their ignored them for your amusement.



Libra
September 23 - October 22

Your financial future is guaranteed when you invest 100 per cent of your capital into companies that make metal poles.



Scorpio
October 23 - November 21

Too many cooks spoil the pot, but the opposite is true at certain times in school projects. Get your notes down on the review!



Sagittarius
November 22 - December 21

It's a trap! Watch your back this week. Sagittarius becomes more active beginning for you. His new position of Taurus really does not target you.



Capricorn
December 22 - January 19

You will experience lots of sadness when you ride a GRT bus this week. This is no different than any other week.



Aquarius
January 20 - February 18

Your whole world may well be turned upside down this week when you discover that black is white and dogs eat cats, in fact, live together.

It's a beautiful day in the neighbourhood

By LINDA FERGUSON

It was a beautiful day for a walk through one of Sudbys oldest neighbourhoods on Saturday. It featured the early fall annual Fredericks Art Walk, a progressive jazz along Fredericks Street featuring musicians and works from local artists, was also held that day. The weather forecasted rain had given way to patches and patterns of clouds.

It was hard to be content with the artistic works, as each one was so different and inspiring with creativity.

Paula Cartelli, was among the artists taking part in the Art Walk. For the month now she has been doing the consulting for her clients, making puppets.

"I've always loved puppets," she said. "You know when you go for a job interview and they ask what do you want to be doing in five years? and you're supposed to answer working for you." She always had working with puppets.

She has the plan in full her business Red Happy Puppets



Photo by Linda Ferguson

Paula Cartelli, the owner of Red Happy Puppets, sits with one of her park puppets during the Fredericks Art Walk on Nov. 11.

from the first, hand-painted the sticks. Still now, there are not a pair out of the 100 fully painted. There are hand-painted rabbit puppets waiting to get into trouble. Her other puppets consist of Rosebuds, birds and pink rockers now, plus with nose rings. Each one is different and one be

custom designed for the buyer. She sells the puppets at the Kitchenette Market.

The Art Walk had a great turnout, with many people walking as they walked along the maple tree-lined streets, stopping from house to house, eager to meet the artists creating works.

COUNSELLOR'S CORNER: Dropping Out

"Do I really want to be here?" Many students, exhausted by academic, discouraged by borderline marks or unsure of program choice consider leaving college. Counselors see many students who want to and hope to return later. There are things to consider when wanting to leave. Leaving may cause other problems. A sudden void is created in the student's life. Jobs are places. Contact is lost with school friends who form a natural community of support. Returning to school seems a monumental task. It is a worthwhile dialogue.

Know the pros and cons of all alternatives carefully. Consider options other than withdrawal from a program:

- Find out more about your program and the variety of possible jobs you can seek through resources such as faculty and Career Services
- Drop a course which is unmanageable and pick it up later. Consult your instructor before contacting advisor.
- Pick up a failed course through Continuing Education evening or summer classes
- Decrease part load with your co-ordinator or the program chair. Better to have a few than lose all
- Apply for Peer Tutoring. The cost is to the student a minimal and it works
- Considering transferring to another program within your school
- Communicate with a peer or faculty with whom you are having difficulty.
- Ask for help from faculty or deans
- Seek temporary shelter if home has become untenable. Community resources are listed in Counselling Services
- See your Doctor. A sudden decline in energy may indicate a treatable illness
- Take off a day or two to deal with personal issues if necessary
- Take advantage of any or all service areas to assist you.



These and many other solutions have been explored by students with a counsellor. We see how to listen and help when you have run out of ideas. Most find they can get through with some support or time if necessary with a plan for completing their education.

College's body sculpt class

By KARENNA MATTHEW

If you take pride in staying in great shape and enjoy a good workout that will make you feel the burn, Guelph College body sculpt class is a plus for the you.

Koch Thompson at 8:30 p.m. on the rec centre's main gym floor, a passionate and experienced fitness instructor, Koch Thompson, gives students a great workout experience.

When you think of body sculpting, power weightlifting and jacked muscles may come to mind. However, in Koch's class, she focuses on an all-around workout with maximal weightlifting and "body sculpt" is a full-body

workout. We focus mostly on muscle endurance rather than power. It's a great workout and you definitely feel it afterwards," said Harwick.

The workout offers much more than just building muscles as the class is designed to improve the overall health of the body.

"The main goal of this class is to tone and define your muscles, and to get huge. We work on balance, coordination and core strength which are essential for everyday tasks as well," said Harwick. A full-body workout may seem like a daunting experience. However, Harwick works with her students to have a fun and enjoyable workout, that's why she is continuously changing

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It's a great workout and you definitely feel it afterwards.

—Kathy Harwick

the routine while keeping the intensity the same.

The first students that attended the class in Nov. 4 all came out satisfied. First year student Christine MacKenzie, who is in the education technology support services program, was the only one there who had been to previous classes. She

enjoyed the tough workout.

"I like it. It's challenging but it's good," said MacKenzie.

Body sculpt was initially an all female class for women who didn't feel comfortable lifting weights at the gym after much success, Harwick expanded it and now welcome anyone to come participate in a memorable workout experience.

Jess Lawrence and Darren Williamson, who are both in their first year in the fire fighter program, were two of the three students to join the group in the Nov. 8 class. As first timers, they had no idea what to expect. Both enjoyed the class.

"It was very good. I liked it," said Williamson, adding that

he'll likely be coming back.

Since the beginning of the school year, the class has quite popular with many students participating. However, with many studying for midterms and busy with more assignments, the numbers have dropped considerably.

Harwick hopes to have another fall semester because both men and has a message for students looking for a weekly activity.

"Body sculpt is a great workout for all fitness levels. We have a great time while getting an effective full-body workout. Most of all, the class is lots of fun! So if you're interested, go ahead and try it. I guarantee you'll like it."

Men's volleyball team bashed by Bruins



Above: Guelph College coach Arnel Castromayor gives his team a pep talk before their semi-final game against Sheridan College on Nov. 9.

Left: Travis Jameson waits for a serve from Sheridan College at the Guelph's home game.

College loses 3-1 against Sheridan

By KARENNA BENNETT

The Guelph College male volleyball team went into their game against Sheridan College without any expectations on Nov. 9.

"We play the best with no expectations," said coach Arnel Castromayor, adding they normally went into a match with high expectations and did poorly.

However, this technique along with some team bonding games from previous games gave Castromayor (or Motivator) and his team more advantages still worth enough to carry the team to victory.

We play the best with no expectations.

—Arnel Castromayor



They lost three sets to one.

"We played more aggressively on the weekend against Concordia," said Darren McConville, the team manager. "We played Sheridan, the guys couldn't find that same aggression."

Even though Concordia's Tom Stakke and Michael everything the line over the net, the Sheridan men were going for every ball and were really winning the point.

"It was still early and we are still getting a team, and

it's still early and we are still getting as a team. We need to improve our communication."

— Kyle Rausch

team member, Kyle Rausch. "We used to improve our communication."

Chris Tuckler was also killing every ball and Travis Jameson showed great serving throughout the game.

Guelph won the third set and played well in the fourth before losing 25-21.

"We started off a little slow but then we started playing our game and the end," said Rausch.

"We learned a lot of the blocking and serving," said

Castromayor. "We lack game experience." For most of the team coming right out of high school, Castromayor said they are very strong.

"For a young team I don't need to hold their hands," he said. "But the team has a tendency to do damage to themselves when they are down. When they are losing they can't seem to find a way to pick up," said Castromayor.

The Guelph's next game is on Nov. 20 at home against

PHOTOS BY
LAUREN BENNETT

is a full-body workout



Fitness instructor Hailey Hartwick demonstrates proper weight-lifting techniques to Sharmen Tinsley (seated, left), and Jeni Lohrman during her body sculpt class at the rec centre. Classes are every Thursday at 8:30 p.m. in the rec centre multi-purpose room.

"Body sculpt is a great workout for any fitness level. We have a great time while getting an effective full-body workout. Most of all, the classes are included in tuition, so come and try a class. I guarantee you'll like it."

-Hailey Hartwick,
fitness instructor.



Hartwick demonstrates one of her many challenging exercises.

Photos by
Marcus
Matthew



Garrison McCaughey breaks it down while lifting dumb weight.



Tinsley takes a long drink of water after a full-body workout.



Upon the end of the body sculpt class, Hartwick has Tinsley, Garrison, McAughey and Lohrman go through a series of stretches to avoid cramping.

KKK costume not criminal, just stupid

First press at a Royal Canadian Legion costume contest was awarded to a far-right police officer. Has he gone mad? He paraded himself black in a mask while being around his peers and he was last awarded by a ROLL chapter. Transgendered stupid? Too Completely ignorant? Absolutely! Insane? Ridiculous? Politically Correct? No.

After receiving complaints the Legion has said they do not condone that. One knows indefinitely. The news has sparked controversy near



**Robert
Costa
Sylvestre**

says that what has been done here is a hate crime. In Canada a hate crime is defined as an act that is intended to intimidate, harass or frighten an identifiable group of people. Under Section 319 of the Criminal

Code it is a crime to advocate or incite for the killing of any member of a group based on colour, race, religion, ethnicity, gender or sexual orientation.

From a legal standpoint, what has been done here is not a hate crime. These men were not openly advocating violence against anyone and the law expressed later that they are not racist. Particularly for them sexual responsibility is not real and should never be a matter of law in a free society. Ottawa

shouldn't have to be legally bound to be sensitive or polite, they should have the freedom to be ignorant as they desire. However, it is the responsibility of more morally conscious citizens to set their own example and let them know their actions will not be tolerated. It should never be the responsibility of the state to impose the kind of rules.

People shouldn't be over scared about the few racists (or calling them that) despite their preoccupation with an

incredibly poor sense of humor, but should be concerned because one of these was once one of Ontario's finest. People need to worry about a system that gives racists more and benefits the cherry on top of the memo-cake is that they were the costume contest? At a Canadian Legion Halloween party, a man dressed up as a black slave being walked like a dog by a son of who he was was ignored, was not driven out by peers, but was rewarded. Now that's scary

Celebrating cultural diversity week November 15-19

ALL WEEK ON CAMPUS

Check out the various activities, displays, and initiatives happening on campus, brought to you by the following Continuing service areas:

International Education Office • Continuing Education •

Learning Resources • Learning Initiatives

Residence • Student Life Centre

ALL WEEK ACTIVITIES IN THE STUDENT LIFE CENTRE!

Displays from World Cultures!
10:00am - 12:00pm
Hosted by:
Applying, Assessing & IT students

Cultural Games & Activities
10:00am - 1:00pm
Hosted by:
Technologies & Leisure Services students

TUESDAY
Displays from World Cultures!
10:00am - 12:00pm
Hosted by:
International Business Management students
multiple language students and Professors
in Accounting, Applied IT students

Cultural Wheel of Fortune!
12:00pm - 1:00pm
Hosted by:
Continuing Studies Inc.
More World Culture Displays
12:00pm - 1:00pm in Building Services
8 English Language Professors - several students

Wednesday
Displays from World Cultures!
10:00am - 12:00pm
Hosted by:
16 English Language Professors - several students

Multicultural Fashion Show!
12:00pm - 1:00pm
Hosted by:
Continuing Studies Team
CB Best Team
Higher Studies Association

THURSDAY
Displays from World Cultures!
10:00am - 1:00pm
Hosted by:
Applying, Assessing & IT students
More Displays from World Cultures
12:00pm - 1:00pm in Building Services
Hosted by:
16 English Language Professors - several students

Multicultural Fashion Show!
12:00pm - 1:00pm
Hosted by:
Continuing Studies Team
CB Best Team
Higher Studies Association

FRIDAY
Display all of the on-campus service areas mentioned above and participate in what they have to offer!

Worked in partnership with **continuingU**

Shooters Photo Studio will capture your memories

BY MAREN LORHANNE

During your time here at Conestoga, you will laugh, cry and through things only a college student would experience. When leaving those doors after graduation, there is no doubt that along with your education, you will take many memories you will keep for the rest of your life.

Within all corners of the photo studio, you'll search a "memories booth" and the majority of us with social network accounts, such as Facebook, have photos that say a million things. But in years to come, who knew what will happen in those uploaded photos on the Internet. For all we know, Facebook could be non-existent, however things have happened and those pictures that captured our college experiences could be lost forever.

Shooters Photo Studio, part of Conestoga Students Inc., provides a service that will capture a moment that you can keep on to forever, one that you can proudly show your family and friends (in all kinds of ways). Pictures on Facebook we're not too keen on showing our parents and will represent your years at Conestoga.

The studio, which is located in Room 3A123, is run by professional photographers. Various photo sessions include group photos, portraits, panoramic, family portraits and any other group or individual photos.

"Students can come in for any reason, make their family, a group of friends or by themselves," Wenz said. "Just pay the sitting fee and the price of the print is just \$10."

When it comes to your final year, you can go to Shooters for your grad photos. The booking process is done online from the college website. For each program at the school, there are designated dates at both first and second semester for the

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